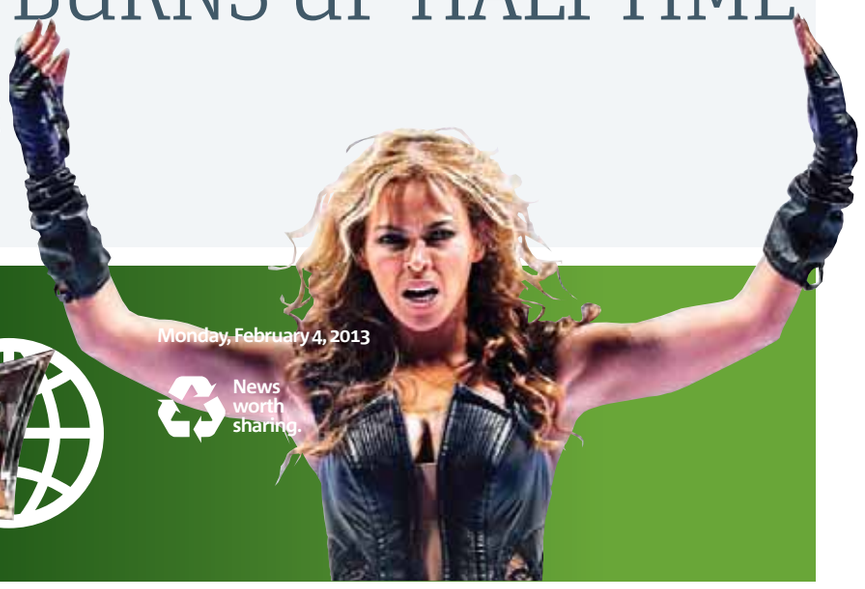
Cents and sensibility

Local businesses and charities aren't lamenting the loss of the penny — for many, the copper coin just wasn't worth the hassle PAGE 4

BEYONCÉ BURNS UP HALFTIME

SINGER BRINGS THE HEAT & FEMININE FLARE TO THE TESTOSTERONE-LADEN STADIUM PAGE 11



VANCOUVER metro

Monday, February 4, 2013

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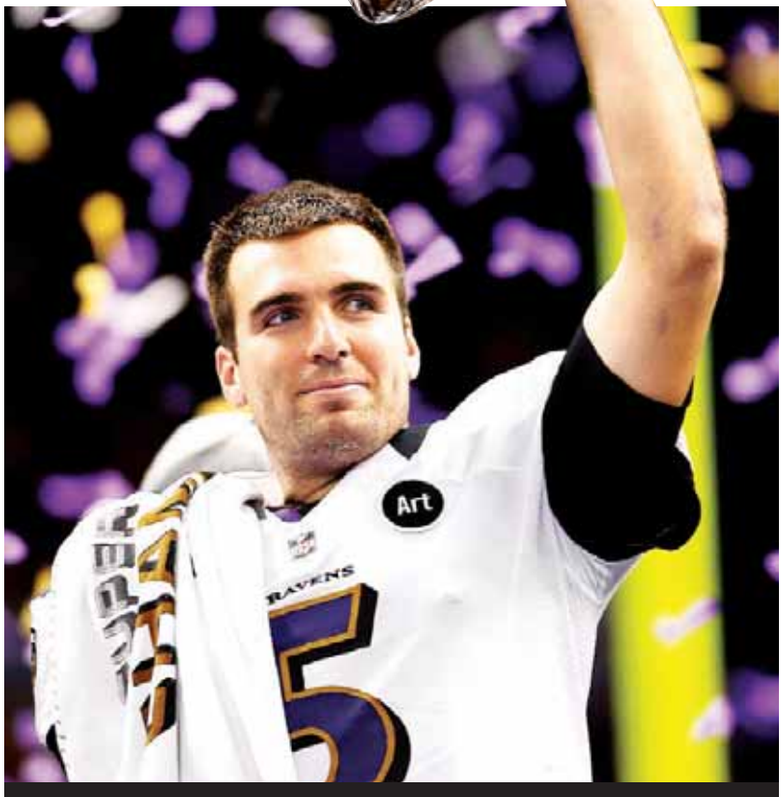

BALTIMORE BRINGS IT

Quarterback Joe Flacco of the Baltimore Ravens holds up the Vince Lombardi Trophy following their 34-31 win against the San Francisco 49ers during Super Bowl XLVII at the Mercedes-Benz Superdome Sunday in New Orleans. Story, page 17. MIKE EHRMANN/GETTY IMAGES

Decades-old pot charge keeps fan from Super Bowl

Contest winner. Victoria man wasn't able to cross the U.S. border Thursday due to a 32-year-old charge for less than two grams of cannabis

Myles Wilkinson beat nearly four million fantasy football contestants to win a grand prize trip to the Super Bowl in New Orleans, but a decades-old pot possession charge cost him the experience of a lifetime.

Toronto airport customs officials blocked the Victoria resident from crossing the border on Thursday due to a 32-year-old charge for less than two grams of cannabis.

At the time, a teenaged Wilkinson paid a $50 fine for the two joints he took on a camping trip.

"I don't care if you've never smoked pot or even thought of smoking pot," he said as he watched the game from Vancouver's Commodore ballroom Sunday at a party thrown by Bud Light Canada, the contest sponsor. "It's just stupid to put a 32-year record on someone for such a small thing."

This is an "all too common" story, said Dana Larsen, director of the Sensible B.C. campaign to hold a referendum on decriminalizing cannabis in the province.

"Any kind of possession conviction means a lifetime ban on crossing the U.S. border, as well as a permanent stigma," Larsen said, adding that someone charged but not convicted can still be refused entry to the States.

According to Larsen, possession charges have doubled in B.C. since 2005 with RCMP charging about 3,800 people in 2011. The only way to stop these people from being criminalized for decades is to change the law, Larsen said.

Wilkinson, now 51 with three adult daughters, plans to do whatever he can to help Larsen's campaign. He's not a big cannabis user, but believes it should be legalized and regulated like alcohol, he said as he cheered on Baltimore.

While he was shocked and devastated that he couldn't cross the border, he hopes his story serves as a lesson to young people to be smart about their actions.

Recreational marijuana prohibition is in full force federally in both the U.S. and Canada, though Colorado and Washington voted to legalize it in November 2012.

EMILY JACKSON/METRO

It's the law

"If we weren't charging people for cannabis possession, they wouldn't get blocked at the border."

Dana Larsen, director of the Sensible B.C. campaign to hold a referendum on decriminalizing cannabis in the province

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Savings goal. TransLink had 'too many' spare buses: Report

Passengers packed onto 99 B-Line buses might be bewildered to know that TransLink got rid of some vehicles after an April 2012 efficiency review found it had "too many spare buses."

The regional transit agency has cancelled "some" new bus orders and scrapped older vehicles in order to meet efficiency goals, according to a report card on TransLink's progress to save money released by the TransLink Commission last week.

TransLink will also change bus-procurement practices to be more cost-effective, according to the report card.

The changes are part of TransLink's attempt to save $40 million to $60 million in costs between 2013 and 2015.

So far, TransLink has showed "real success" by shifting buses to high-demand routes and times from slower areas. Improvements to bus logistics haven't affected service, according to the report.

Coast Mountain Bus Company, the subsidiary that operates the buses, has also cut back its maintenance workforce.

If TransLink keeps going at this rate, it will meet its savings goal, according to the report. EMILY JACKSON/METRO

Buses are packed daily along Vancouver's Broadway corridor. JENNIFER GAUTHIER/METRO FILE

Andrea Molnar, owner of Bacci's on Granville Street and 12th Avenue, had her wall painted with a target four years ago after a number of cars crashed into her store. A car careened into her store Friday — the 10th time this has happened in the past 15 years. PHYLICIA TORREVILLAS/METRO

Store suffers 10 crashes in 15 years

Déjà vu. Bacci's owner says she's frustrated problem with traffic-light synchronization hasn't been fixed

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Nine cars and one bicycle have crashed into Andrea Molnar's designer clothing store and she's had enough.

Her store, Bacci's, is located at the northeast corner of Granville Street and 12th Avenue, became a victim, yet again, of a ricocheting car early Friday morning.

"It has always been a car going northbound on Granville and a car going eastbound on 12th and one of them usually runs the light," she said, adding that almost all the crashes happened early in the morning.

Molnar said that last year a cyclist got cut off by a car, careened and took out the store's front window. She had to pay a few thousand dollars from her own pocket to fix the damage.

She's approached the city to address the issue and is frustrated the problem with the traffic-light synchronization hasn't been fixed.

A spokesperson for the city said staff will review the area with the Vancouver Police Department and Insurance Corporation of British Columbia.

Molnar said two banks and a clothing store on the other three corners have also been victims and she's worried that people could get hurt.

"There's a bus stop in front of our store and people could be standing waiting for the bus," she said.

Molnar plans to put a surveillance camera in her store to record what's happening in the problematic intersection.

"I'm hoping that if we get enough footage of people doing this that maybe something could be done," she said.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

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A penny saved is a penny spurned

Phasing out. Few lamenting loss of penny, hoping for bigger donations and easier work

LIAM BRITTEN
vancouver@metronews.ca

The phasing out of the penny begins Monday across Canada, and in Vancouver, businesses and charities gave a resounding "meh" about the copper coin's departure.

Rev. Peter Elliott, dean and rector of Christ Church Cathedral on Burrard Street, said his church will continue to accept pennies for charitable donations, but they are a hassle to roll up for deposit.

"It's a lot of work for either us or the banks to do that, and 10,000 pennies is only $100," he said. "But if people have pennies that they want to give, we would welcome them."

He was optimistic that the end of the smallest coin would mean bigger donations.

"We're hoping people will give more money. I'm not concerned at all," he said.

At Blenz Coffee's Vancouver Public Library location, customer Ken Myers wasn't lamenting the loss of the penny either.

Like many Canadians, he has more than one jar filled with pennies at home, and says he almost never uses them.

Blenz cashier Ryan Bevelander was torn on the penny's demise. He thinks it will make his job easier but he's also a veteran coin collector — and his penny book has years upon years of penny specimens.

"It'll save us some money, but it was always nice to have them around," he said. "I'm kind of disappointed. I've got 100 years' worth of pennies."

From left: Vinicius Lopes, Ryan Bevelander and Atui Seon at Blenz. Bevelander said the penny's loss is a loss for collectors. LIAM BRITTEN/METRO

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HD Mining

Canadian resumés rejected for B.C. mine: Union

HD Mining rejected experienced Canadian miners to hire temporary workers from China for a B.C. coal mine, according to resumés released to the B.C. Building Trades unions through a federal court order.

The company claimed there were no qualified locals, but the resumés prove that is "blatantly untrue," union representative Brian Cochrane said in a statement.

Among the rejected was a person with 20 years of underground mining experience, including three years as a supervisor.

The union wants a federal and provincial review of the temporary-foreign-worker program.

EMILY JACKSON/METRO

Northern Gateway

B.C. behind on tanker-traffic safety: Study

Despite years of planning for the proposed Northern Gateway pipeline and myriad legislative changes that will affect the project, the regulations and best practices from other jurisdictions where tankers tread have not been put in place for British Columbia, studies find.

One review, examining legislation in Washington State, Alaska, Norway and other jurisdictions that see the type of tanker traffic that the West Coast can expect if the pipelines are approved, found room for improvement.

Experts will return to Prince Rupert on Monday to resume testimony about the $6-billion dollar project. THE CANADIAN PRESS

Mass stabbing. Suspect facing 12 charges in court

A man facing 12 assault charges after a mass stabbing at a West End apartment Thursday makes his first court appearance Monday morning.

Jerome Bonneric is accused of a stabbing rampage at around 6:45 p.m., allegedly attacking residents randomly in the hallways of a seven-storey building at 1263 Barclay St.

But Olivier Audibert, who worked with Bonneric at a bakery, described the 33-year-old as a "nice, charming guy" who was liked by customers.

Seven residents and one police officer were injured. Six of them were rushed to hospital. Two victims were held in hospital — one in stable condition, the other in serious condition.

Police say the victims range in age from their 20s to 60s.

Bonneric has been charged with four counts of aggravated assault, four counts of assault with a weapon, three counts of common assault and one count of assaulting an officer.

Vancouver police spokesperson Sgt. Randy Fincham said Bonneric, who isn't known to police, was arrested shortly after the attacks inside the building.

Jerome Bonneric is the accused in a mass stabbing at a West End apartment. LINKEDIN.COM

Police believe he was staying in the building with a friend at the time.

According to his LinkedIn profile, he most recently worked at a French bakery in Port Coquitlam and had worked as a real estate consultant.

PHYLICIA TORREVILLAS/METRO, WITH FILES FROM THE CANADIAN PRESS

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Checking out a human at the library

Human books. Crowds come out to learn from each other at VPL

At the Human Library exhibit at the Vancouver Public Library on Sunday, I found that my prized open-mindedness was largely informed by smugness.

I was surprised by how much I learned in my 20 minutes with "human books" Karen Jang, who is polyamorous, and Jon Brin, who has Asperger's syndrome.

The Human Library was part of the PuSh Festival and ran Jan. 18 to Feb. 3 on weekends.

Karen and I discussed all aspects of polyamory (that is, having more than one active relationship at the same time). She has three boyfriends across two countries and said communication is key.

She said she always knew she loved intimate relationships and didn't want to be limited to one at a time.

"I love connecting with people," she said. "I got into polyamory because I don't see why I have to be forced into making a romantic connection with only one person."

A lot about Jon surprised me. I know a few people with Asperger's syndrome, mostly scientific, mathematical types. Yet Jon is an actor and youth worker who lives in a very human world.

He told me such preconceptions were nothing new for him.

"I'm very personable, which goes against what a lot of people believe Asperger's is about," he said.

Sunday was the last day of the Human Library, but judging by the large crowd at the VPL and the enthusiasm shown by the human books, we may see another in Vancouver in the future. **LIAM BRITTEN/METRO**

Human book Karen Jang at the Vancouver Public Library on Sunday. She spoke on the subject of polyamory. LIAM BRITTEN/METRO

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17 years later. Alleged triad leader finally faces immigration hearing

Seventeen years after an alleged Asian organized-crime boss was granted permanent resident status in Canada, despite being red-flagged for suspected criminal activities, authorities are trying to send him packing.

The case of Lai Tong Sang scandalized the federal immigration system when it was revealed that the man described by Macau police as the leader of the notorious Wo On Lok gang had been allowed into Canada.

Now Lai, his wife and their three children are scheduled for an admissibility hearing later this month, where lawyers for Citizenship and Immigration Canada will argue that Lai lied about his membership in a criminal organization in order to gain entry into the country. Authorities allege his wife and children also misrepresented their immigration status.

Melissa Anderson, a spokeswoman for Citizenship and Immigration, confirmed hearings are scheduled over three days beginning Feb. 26 in Vancouver but she could not comment on why it has taken so long for the case to make its way to a hearing.

According to reports at the time, Lai originally applied for immigration status to Canada in Hong Kong in 1994, but his application was not approved because of his suspected links to organized crime.

In March 1996, Lai reapplied in Hong Kong and then quickly withdrew his application. A couple of months later, he applied at the consulate in Los Angeles, where his application was approved without a background check or so much as a phone call to Hong Kong.

Lai and his family arrived in Vancouver on Oct. 20, 1996.

Various RCMP and U.S. law-enforcement reports on Asian organized-crime cite the Wo On Lok (or Shui Fong, Water Room gang) as a branch of the Hong Kong-based Wo group, a syndicate with worldwide reach in criminal activity, ranging from money laundering to prostitution, the drug trade and human smuggling. **THE CANADIAN PRESS**

B.C. First Nation

Chief says family, community in mourning after son shot by police

The chief of a prominent B.C. First Nation says his son was the man who was shot and killed by police earlier this week in north Burnaby.

The Independent Investigations Office, which probes police incidents involving death or serious harm, says the shooting occurred early Thursday while police were answering a 911 call about a man with a knife.

Ryan Jacob, 45, succumbed to his injuries soon after being transported to Vancouver General Hospital. He says Ryan was a loving father, brother, uncle, nephew, cousin and sportsman. **THE CANADIAN PRESS**

Murder

Memorial walk for real-estate agent

Friends and family of murdered real-estate agent Lindsay Buziak have held a memorial march in Saanich.

It has been five years since the 24-year-old woman was stabbed to death while showing a luxury home in the Victoria suburb.

Police believe she was lured to the vacant home and killed by someone posing as a buyer.

Her murder remains unsolved.

Her father, Jeff, says investigators have not kept him informed and he's grown frustrated that no arrests have been made.

Police say the investigation is active and they are pursuing thousands of tips. **THE CANADIAN PRESS**

RCMP kept a close eye on the Occupy Ottawa protest

Access-to-information request. Documents show Mounties nabbed pamphlets, monitored social-media sites and counted participants

The Mounties compiled a dossier on the Occupy Ottawa movement, scouring social media and quizzing campus security after protesters held planning sessions at a university, newly released documents show.

Meeting notes show there were also plans to monitor the Confederation Park protest site using a camera mounted to the nearby offices of the National Capital Commission (NCC).

The camera is normally pointed at Ottawa's city hall, the notes say. However, the NCC says it does not operate the camera and it did not use the device to monitor protests.

The documents show NCC staff did keep close tabs on the makeshift encampment throughout the occupation, snapping dozens of photographs and reporting on the protesters' activities.

Details about the surveillance tactics are only now coming to light, some 14 months after police ousted the Occupy Ottawa protesters from Confederation Park in late November 2011. It took the NCC until last week to provide documents in response to an access-to-information request.

Notes from a meeting held before the Ottawa occupation started show there was talk the protesters might also target Parliament Hill, the prime minister's residence, the Privy Council Office and the U.S. Embassy.

An RCMP intelligence report shows the Mounties picked up Occupy pamphlets and literature after the protesters met at the University of Ottawa. They also questioned campus security about the number of people in the room. THE CANADIAN PRESS

Police evicted activists, part of an international protest against income disparity, from Confederation Park in November 2011. PATRICK DOYLE/THE CANADIAN PRESS FILE

Investigation into lethal quarry landslide begins

Provincial police have begun some analysis on the site and in the pit. GRAHAM HUGHES/THE CANADIAN PRESS

Quebec's provincial police and workplace safety board have launched an investigation into a deadly landslide at a quarry near Montreal.

Officers will try to determine the circumstances of the accident now that the recovery effort is over, said police spokesman Gregory Gomez on Sunday.

The bodies of two missing workers were pulled from the rubble on Saturday, four days after a landslide at the gravel quarry in L'Epiphanie.

Police will examine whether the company operating the quarry, Maskimo Construction Inc., followed the appropriate safety protocols, Gomez said in an interview.

"We're going to try to determine ... if there is criminal wrongdoing," he said,

Maskimo Construction has come under scrutiny before. The company was fined in 2008 after failing to follow safety protocols when a worker was run over by a truck a year earlier.

When survivor Benoit Robert spoke with reporters last week, he said he didn't blame his employer and described them as responsible. THE CANADIAN PRESS

Background

Rescue efforts were once put on hold due to weather and fears of another slide.

- **Male victim.** Identified as 54-year-old Daniel Brisebois.
- **Female victim.** Identity not yet confirmed.
- **Survivor.** Benoit Robert, rescued by a police helicopter on Tuesday within hours of the collapse.

Minister hints Israel was behind airstrike on Syria

Middle East. Israelis fear Syrian weapons could wind up in hands of Lebanese militants

Israeli Defense Minister Ehud Barak gestures during a meeting at the Munich Security Conference on Sunday. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

Israel's defence minister strongly signalled Sunday that his country was behind an airstrike in Syria last week, telling a high-profile security conference that Israeli threats to take pre-emptive action against its enemies are not empty. "We mean it," Ehud Barak declared.

Israel has not officially confirmed its planes attacked a site near Damascus, targeting ground-to-air missiles apparently heading for Lebanon, but its intentions have been beyond dispute. During the 22 months of civil war in Syria, Israeli leaders have repeatedly expressed concern that high-end weapons could fall into the hands of enemy Hezbollah, the powerful Lebanese militants.

For years, Israel has been charging that Syrian President Bashar Assad and Iran have been arming Hezbollah, which fought a month-long war against Israel in 2006.

U.S. officials say the target was a convoy of sophisticated Russian SA-17 anti-aircraft missiles. Deployed in Lebanon, they could have limited Israel's ability to gather intelligence on its enemies from the air.

Over the weekend, Syrian TV broadcast video of the Wednesday attack site for the first time, showing destroyed vehicles and a damaged building identified as a scientific research centre. The U.S. officials said the airstrike hit both the building and the convoy.

In his comments Sunday in Munich, Barak came close to confirming that his country was behind the airstrike.

"I cannot add anything to what you have read in the newspapers about what happened in Syria several days ago," Barak said.

Then he went on to say, "I keep telling frankly that we said — and that's proof when we said something we mean it — we say that we don't think it should be allowed to bring advanced weapons systems into Lebanon."

Israeli defence officials tried to play down Barak's comments, saying that he was voicing a general policy that Israel is ready to defend its interests and not discussing a specific incident. They also noted that he was not speaking in his native Hebrew.

THE ASSOCIATED PRESS

LGBT Indians step out

Members and supporters of the gay, lesbian, bisexual and transgender community ride a cycle rickshaw as they participate in the gay pride parade in Hyderabad, India, Sunday. The parade was held to spread awareness about the harassment, violence and discrimination faced by the community and to demand that its members be allowed to lead lives of dignity in India's deeply conservative society.

MAHESH KUMAR A./THE ASSOCIATED PRESS

Texas. Iraq veteran held in ex-sniper's murder

An Iraq War veteran charged with murdering former U.S. navy SEAL sniper Chris Kyle and a friend turned a gun on the pair while they were at a Texas shooting range, authorities said Sunday.

Eddie Ray Routh was arraigned early Sunday in the deaths of Kyle, who wrote the bestselling book American Sniper, and Chad Littlefield, 35.

Travis Cox, the director of a non-profit Kyle helped found, told The Associated Press on Sunday that Kyle, 38, and Littlefield had taken Routh to the range to try to help him cope with PTSD.

THE ASSOCIATED PRESS

Saudi Arabia

Anger grows after girl's fatal beating

Online activists in Saudi Arabia are calling for harsher punishments for child abuse after reports that a prominent cleric received only a light sentence after confessing to the beating death of his five-year-old daughter.

Saudi media say Fayhan al-Ghamdi was freed last week after serving a short prison term and agreeing to pay $50,000 US in "blood money" to avoid a possible death sentence. The reports said he questioned the child's virginity.

THE ASSOCIATED PRESS

England

Malala continues making progress

Malala Yousufzai, the 15-year-old Pakistani schoolgirl who was shot in the head by the Taliban, is in stable condition after undergoing two successful operations to reconstruct her skull and restore her hearing, the British hospital treating her said Sunday.

THE ASSOCIATED PRESS

England

Armed man nabbed outside royal palace

Police used a stun gun to arrest a man armed with knives outside Buckingham Palace on Sunday, as throngs of tourists gathered to watch the Changing of the Guard ceremony there. No one was injured.

THE ASSOCIATED PRESS

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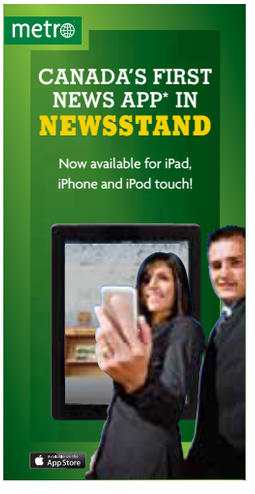

Read metro work every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

Twitter hacking may affect 250K accounts

Cyberspying. Company has not said whether China is behind security breach

Twitter is among the latest U.S. companies to report that it is part of a growing list of victims of Internet security attacks, saying that hackers may have gained access to information on 250,000 of its more than 200 million active users. And now, The Washington Post is joining the chorus, revealing the discovery of a sophisticated cyberattack in 2011.

Twitter said in a blog post on Friday it detected attempts to gain access to its user data earlier in the week. It shut down one attack moments after it was detected.

But Twitter discovered that the attackers may have stolen user names, email addresses and encrypted passwords belonging to 250,000 users they describe as "a very small percentage of our users." The company reset the pilfered passwords and sent emails advising the affected users.

Quoted

The attack "was not the work of amateurs, and we do not believe it was an isolated incident."

Bob Lord, Twitter's director of information security, in a blog post.

The Twitter attack comes on the heels of recent hacks into the computer systems of U.S. companies, including the New York Times and the Wall Street Journal. Both newspapers reported last week that their computer systems had been infiltrated by China-based hackers, likely to monitor media coverage the Chinese government deems important.

On Friday, the Washington Post disclosed that it was also the target of a sophisticated cyberattack, which was discovered in 2011 and was first reported by an independent cybersecurity blog.

In this 2010 file photo, Twitter's then-CEO Evan Williams makes a presentation about changes to the microblogging service at the company's San Francisco headquarters. Twitter says hackers may have gained access to information on 250,000 of its more than 200 million active users. THE ASSOCIATED PRESS FILE

Twitter didn't provide any clues as to whether it believes that China was behind its hack. However, the blog post by the company's director of information security, Bob Lord, made clear that the hackers knew what they were doing. THE ASSOCIATED PRESS

Free vs. fee. Is streaming music worth paying for? Canadians don't think so

A slew of streaming music services have come to Canada, and more are likely on the way, but while tech-savvy consumers seem to enjoy listening to music online, relatively few want to pay.

There are more than a dozen competitors to choose from in Canada, including free radio-style options such as CBC Music and Songza, and fee-based a la carte listening platforms with millions of songs to access, such as Deezer, HMV's The Vault, Rara and Rdio.

A recently released report by the Media Technology Monitor suggests listening to music online is catching on with large numbers of Canadians. About 59 per cent of anglophones and 46 per cent of francophones said they listen to streaming audio, with YouTube being the most commonly cited source for seeking out tunes.

Another recent report, this one released by the Department of Canadian Heritage, also suggested many Canadians are interested in streaming — but most want it to be free.

About one in three poll respondents said they were very or somewhat likely to subscribe to a free online music service, while just 17 per cent said they would likely pay a monthly fee for a subscription-based service.

THE CANADIAN PRESS

Telecom

Iraq exchange gets first major stock float

Iraqi mobile-phone service provider Asiacell raised close to $1.3 billion Sunday on the Iraq Stock Exchange in what the head of the bourse said is the biggest initial public offering in the Middle East since 2008. Taha al-Rubaye also said it's the first major stock float on the ISX, which was set up in 2004, a year after a U.S.-led invasion toppled Iraqi dictator Saddam Hussein. THE ASSOCIATED PRESS

Etch A Sketch inventor dies, age 86

Andre Cassagnes, the inventor of the Etch A Sketch toy that generations of children drew on, shook up and started over, has died in France, the toy's maker said.

Cassagnes died Jan. 16 in a Paris suburb at age 86, said the Ohio Art Co., based in Bryan in northwest Ohio. The cause wasn't disclosed. "(Andre's) invention brought joy to so many over such a long period of time," said Larry Killgallon, president of Ohio Art.

Then an electrical technician, Cassagnes came upon the Etch A Sketch idea in the late 1950s when he peeled a translucent decal from a light-switch plate and found pencil-mark images transferred to the opposite face, the Toy Industry Association said.

Ohio Art saw his idea at the Nuremberg Toy Fair in 1959. The toy, with its grey screen, red frame and two white knobs that are twisted back and forth to create drawings, was launched in 1960 and became the top seller that holiday season. More than 100 million have sold worldwide since. Though passed over in popularity for video games and gadgets, the toy has a steady market, the company has said.

THE ASSOCIATED PRESS

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MY TWO CENTS ON THE PENNY'S DEMISE

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

Today may seem like any other day, but it isn't.

Today's the day the Royal Canadian Mint stops distributing pennies to banks and retailers.

From here on in, that pound of pocket fluff you've been carrying around will gradually dwindle into oblivion, putting all the heat on the nickel and the dime as the next candidates for cash extinction.

I knew the penny's days were numbered the first time I walked past one on the ground, thought about it for a sec, then walked on by.

That was confirmed when I returned along the same route an hour later and the poor little coin was still there.

I felt sorry for it, picked it up and took it home, where it worthlessly continues to take up valuable space.

We're penniless

I guess this is progress. The penny costs 1.6 cents to produce, about $11 million a year to produce $6.9 million in penny purchase power, a losing proposition, to say the least.

Even though it weighs about a kilo, my foundling change is worth a ride on the bus. For a moment, I thought I'd do exactly that, dump it all in a transit coin box, one penny at a time, one final protest against inflation. But lately my therapist says I'm showing real progress on overcoming my sociopathic tendencies, so I decided against it.

Instead, I got curious and examined my change, looking for a legendary 1936 dot or even a 1911 "godless" (printed without the Latin "dei gratia." There was so much sanctimonious backlash, the mint restored the phrase in 1912 and it's stayed there since.)

Sadly, no such luck. I did find a penny with no date on it, and was excited for a few minutes until I found a coin blog maintaining I was the proud possessor of one of 716,366,000 pennies commemorating the 50th year of our majesty's reign over us. Worth exactly one cent. And sure enough, if you look closely on the heads side of the coin, there's a tiny bit of commemorative data.

I guess this is progress. The penny costs 1.6 cents to produce, about $11 million a year to produce $6.9 million in penny purchase power, a losing proposition, to say the least. The penny has already been eliminated in New Zealand, Australia, the Netherlands, Switzerland, Norway and Finland, and no doubt other nations usually thrust in our faces as progressive, clean, and nice to visit even if you wouldn't want to live there.

It's not as if the penny will disappear overnight — there are still 31,000 tonnes stuffed in jars and under sofa cushions across the nation. But it's officially over. No more pretending things cost $99.99 because they sound easier to buy than at $100.

And no more penny for your thoughts. Now the minimum wage for your opinion should be rounded up to a nickel, at least until it makes the endangered currency list. But if we follow the government guidelines, it's more likely our two cents will be rounded down ... to what they're really worth.

DNA test results

Scientists to reveal whether corpse is Richard III

A historical mystery could soon be resolved, with the help of a Canadian family.

Scientists on Monday will announce the results of tests meant to determine whether a skeleton found under a parking lot in central England belongs to 15th-century King Richard III, the last English monarch to die in combat.

Researchers at the University of Leicester have analyzed the bones, which were discovered during an archeological dig in September. The skeleton showed signs of Richard's famed spinal curvature and of fatal battle wounds.

Scientists compared its DNA with samples taken from a Canadian family that is directly descended from Anne of York, Richard's eldest sister.

Jeff Ibsen says he was warned long ago that his family might be called upon if the king's burying place was ever discovered.

THE CANADIAN PRESS

Vegan bark may have bite

VICTOR FERREIRA/THE CANADIAN PRESS

Pooch life

Dogs ditch chicken for carrot sticks

Willie, a dachshund, begs for a carrot in Toronto. Willie's owner, Ken Butland, says his two dogs quickly adapted to their new vegan diet and now can't get enough of it. Vegan diets for dogs are becoming increasingly prevalent in Toronto as owners who follow the vegan lifestyle are implementing it on their pets.

But not all veterinarians agree that a vegan diet is the best choice for dogs.

THE CANADIAN PRESS

Canine culture

"You only have to spend a few seconds in the room, when they hear carrots being chopped up they're like lightning ... We feed them green beans, raw carrots, raw cabbage and they go crazy."

Ken Butland
A vegan who is passionate about his lifestyle and wants to pass it down to his two dachshunds

Woof woof

- Vegan diets for dogs involve more than feeding them raw vegetables.
- Canines rely on dry vegan dog food for nutrients such as protein that they would have ingested through eating meat.
- Dogs, unlike cats, are natural omnivores who have the enzymes to break down the nutrients from a vegan diet and assimilate them for daily use, according to a Toronto veterinarian.

A dog's breakfast

Not the best idea for all dogs: Expert

Veterinary technician Krista Wilcox tends to dogs at the Front Street Animal Hospital in Toronto and would only recommend a vegan diet when food allergies are present.

Wilcox says that if a diet isn't properly formulated for each individual need, even if it is a vegan diet, there can be side effects.

"An improper diet will cause a pet to, over time, show malnutrition," she said. THE CANADIAN PRESS

New year's goal: gain 1,000 pounds

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

While the rest of us are still trying to work off our holiday weight, one Vancouver chiropractor has made it her new year's resolution to gain 1,000 pounds.

Dr. Sabrina Chen-See, a veteran organizer of food and toy drives, challenged her colleagues and patients to collect 1,000 pounds of non-perishables for the Greater Vancouver Food Bank Society.

"It's our way to give thanks to our wonderful patients and simultaneously help the vulnerable in our community," says Dr. Chen-See, whose practice offered free chiropractic appointments to encourage donations.

While she gave out thousands of dollars of consultations, she also saw repeat donors who asked for nothing in return.

"Most people in their core want to make this world a better place." As of Jan. 29, the good doctor had just surpassed her goal, having amassed a whopping 1,002 pounds of food (and counting).

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. Email us for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

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What a girl wants

Juno's new host with the most

Ladies, you might want to sit down for this: Michael Bublé has been revealed as the host of the 2013 Juno Awards gala.

The charming Vancouver crooner, who's proved a quick-witted hit at the podium whilst collecting numerous Juno and Grammy trophies in the past, announced his forthcoming duties in a characteristically droll TV spot aired during CTV's Super Bowl broadcast on Sunday night. It found him lounging in bed trading quips with Can-rock couple Chad Kroeger and Avril Lavigne. TORSTAR NEWS SERVICE

Bringing sexy back (finally)

Justin Timberlake performs in New Orleans, La. GETTY IMAGES

One of the most anticipated musical moments of the year so far was connected to the Super Bowl, but had nothing to do with Beyoncé.

Instead, it was Justin Timberlake who had New Orleans buzzing as he gave his first performance in nearly five years — a sizzling, hour-long concert that featured the nattily dressed entertainer with a more than 10-piece band and guest appearances by Timbaland and Jay-Z. The performance was all part of DirecTV's Super Bowl-eve bash.

Timberlake hadn't released new music in years, instead concentrating on acting. THE ASSOCIATED PRESS

Beyoncé, centre, Kelly Rowland, right, and Michelle Williams of Destiny's Child, perform during the halftime show of the NFL Super Bowl XLVII between the San Francisco 49ers and the Baltimore Ravens, Sunday, in New Orleans. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Beyoncé delivers the goods at Super Bowl

Now put your hands up. She put a groove on it — and this time it was live

Beyoncé sang like she had something to prove at the Super Bowl, balancing out the testosterone levels on the football field with a dance-heavy performance that featured her Destiny's Child band mates and an all-female band.

She emerged onstage singing some of Love on Top, transitioning to her hit Crazy In Love in an all-black ensemble, which matched the dark stage. She ripped off part of her shirt and skirt as she danced hard with background dancers doing the same.

She sang live — and sounded good. Days after admitting to singing to a pre-recorded track at President Barack Obama's inauguration, she proved herself to any doubters and added a few off-script remarks as if to show her microphone was on.

Her background singers helped out as Beyoncé danced around the stage throughout most of the 13-minute performance. She was especially top-notch during End of Time and Baby Boy.

She had a swarm of background dancers and band members spread throughout the stage, along with videotaped images of herself dancing. And the crowd got bigger when she was joined by her Destiny's Child band mates.

Kelly Rowland and Michelle Williams popped up from below the stage to sing Bootylicious. They were in similar outfits, singing and dancing closely as they harmonized. But Rowland and Williams were barely heard when the group sang Independent Woman, as their voices faded into the background.

They also joined in for some of Single Ladies (Put a Ring On It), where Beyoncé's voice grew stronger.

She asked the crowd to put their hands toward her as she belted the slow groove Halo on bended knee — and that's when the performance hit its high note.

Before the game, Alicia Keys performed a piano-tinged version of the national anthem. The Grammy-winning singer played the piano as she sang The Star Spangled Banner in a long red dress. THE ASSOCIATED PRESS

GETTY IMAGES

Sandy Hook

Students join Hudson on stage

As 26 children walked to the centre of the Superdome to sing, a packed crowd in the Big East fell silent.

The chorus from Sandy Hook Elementary School, nearly two months after a deadly shooting rampage, joined Jennifer Hudson to deliver a rendition of America the Beautiful that had some players and countless fans in the stands on the verge of tears. THE ASSOCIATED PRESS

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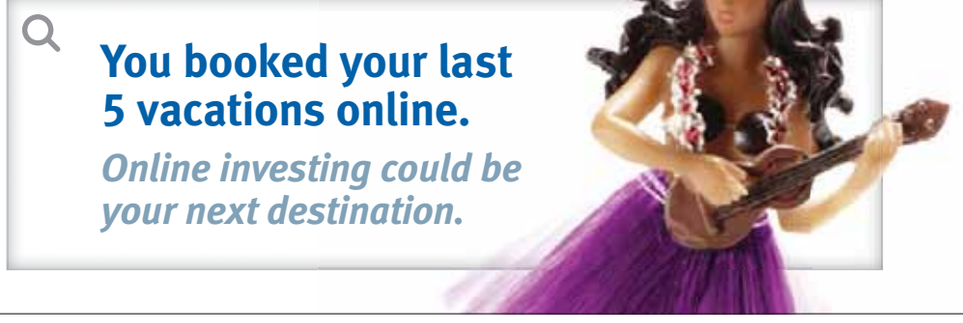

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The Word

Nick Cannon. ALL PHOTOS GETTY IMAGES

Celebrating Valentine's — all year long

THE WORD
Dorothy Robinson
scene@metronews.ca

Valentine's Day isn't the only time when Nick Cannon and Mariah Carey celebrate their love. Cannon admitted to Metro that the 30th of every month is their I Love You Day and they view that day as their monthly anniversary.

"No matter where we are in the world, even if we're not together on the 30th, we still send flowers and balloons and chocolates and all that good stuff," said the America's Got Talent host.

Considering Cannon and Carey are known romantics (they renew their wedding vows every year), we asked for his advice on how to make the holiday memorable. "The more thoughtful you can be, that shows effort," he says. "If you're going to do flowers, find out that person's favourite and figure out the arrangement yourself."

Twitter

@kirstiealley
my TV makes everyone look fat! What the hell?? everyone looks like a walking "wall" ..Oy Vey

@ElizabethHurley
Dragging myself downstairs to put puppy in the garden.....

@JuddApatow
I am in England. So the Super Bowl is on at what time? On what channel? And I watch it with who? This does not seem as fun.

@SteveMartinToGo
The Super Bowl reminds me of a pagan contest where a human head is kicked around between commercials.

Nicole Kidman

'No surgery for me,' says Kidman

Despite reports to the contrary, Nicole Kidman insists she's never indulged in plastic surgery. "No surgery for me," she tells Italian newspaper La Repubblica. "I did try Botox, unfortunately, but I got out of it and now I can finally move my face again." So how does she keep her face looking the way it does? "I wear sunscreen, I don't smoke and I take care of myself, and I am proud to say that. Anybody can do anything to themselves — I don't judge — but personally, I believe in being physically fit."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Creepy dads, bad breakups and stomping on cultural touchstones

STARGAZING
Malene Arpe
scene@metronews.ca

This week in creepy dads: 1) Adele's estranged dad is complaining to a newspaper that she won't have anything to do with him because he talked to a newspaper. 2) Hulk Hogan tweets a picture of daughter Brooke in a mini-dress with the caption "Brooke's legs."

Your move, Selena. After Selena Gomez covers Justin Timberlake's Cry Me A River and Taylor Swift's I Knew You Were Trouble, Justin Bieber releases his own breakup song, Nothing Like This. Selena, may we suggest Häagen-Dazs, a girls' night out and just keeping your pain bottled up inside yourself where it belongs?

Kris Jenner gets her own talk show. Subjects that will be covered during the first week of broadcast: "Kash komes from kids," "Kashing in on kute kids" and "Kids! kan they be konverted into more kash?"

Lindsay Lohan

Liberty Ross files for divorce from Snow White and the Huntsman director Rupert Sanders. Not because of the Kristen Stewart cheating thing, but because he made Snow White and the Huntsman.

Porn actor James Deen talks about working with Lindsay Lohan on The Canyons. "In porn I am used to working with professionals who are courteous to others," he says. "Whatevs," says Lindsay. "I am used to working with family members who would steal my teeth."

Chris Brown claims he didn't throw any punches in a parking lot fight with Frank Ocean. Proof he may be right: 1) He posts on Instagram, comparing himself to a crucified Jesus. 2) Frank Ocean is not a woman.

The initial version of the Evil Dead remake got an NC-17 rating. The film was eventually edited to get an R, but still retains the "why yes, we did remake/stomp on one of your beloved cultural touchstones" warnings. TORSTAR NEWS SERVICE

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Supper

Family meals still matter

I read a study that says that family meals aren't necessarily beneficial.

Really?!

Families have been sitting down and breaking bread together for centuries. Why do we suddenly need to make a mockery of it? Aside from the obvious — time spent together — family meals give children a sense of routine and stability. It brings everyone together in a relaxed atmosphere where they laugh and talk. It teaches good table manners and healthy eating. My instinct also tells me that spending time eating meals with my children is not only good for them, but for me.

CANDACE DERICKX/YUMMYMUMMYCLUB.CA

Tips

Easy nosebleed clean-up

I like to give a red facecloth as part of a baby shower gift.

When a child — or even a squeamish parent — sees blood from a cut or nose bleed, they tend to freak out over all of the blood loss.

If the parents use a red facecloth instead of a white or light-coloured one, children won't see how much blood there is and will likely keep calmer during the entire ordeal.

It worked great for me when my kids were small — and even when they were not so small.

SHARON JANOUSEK/YUMMYMUMMYCLUB.CA

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- **Mommy tales.** Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

Dealing with dinnertime stress? Here's what not to say

Kids have their own mealtime strategy. What's yours? ISTOCK IMAGES

Diet. Choice and praise may not be the best way to go at the dinner table

SARAH REMMER
RD of yummymummyclub.ca

As parents, we want our kids to eat a well-balanced diet and grow to enjoy a wide variety of healthy foods.

In our well-intentioned efforts, we often verbally encourage or discourage them to eat certain foods, only to increase picky eating tendencies or send the wrong messages about foods.

Here are some things that parents often say to their kids about food and why they may not be the best things to say.

1. "You must have at least three more bites of your vegetables before you can have dessert."

When kids feel that they have to eat one food in order to be rewarded with another, they automatically associate the first food with being less desirable. Instead, offer a variety of foods, including vegetables, at dinnertime.

Encourage your child to taste his veggies, and if he doesn't like it, he can politely spit it out in his napkin.

2. "You are such a good girl for eating everything on your plate!"

What your child hears after you make this statement is, "I am a good girl if I finish all of the food on my plate, so I better do that again tomorrow."

What you actually want as a parent is for your child to stop eating when she's comfortably full. Sometimes that means a clean plate, sometimes it doesn't.

Cleaning our plates no matter what often translates into eating beyond fullness, and over time, gaining unhealthy weight.

3. "We don't eat cookies in our house because they are bad for us."

Labelling foods as "good" or "bad" automatically makes your child feel like she is "good" for eating "good foods" and "bad" for eating "bad foods."

Truthfully, all foods can fit into a healthy diet, even if some of those foods aren't as healthy as others.

Instead, say: "We like to have lots of different foods in our house, including cookies sometimes. Maybe we can bake some together tomorrow and have one after dinner tomorrow night."

4. "I know you don't like the lasagna I'm making, so what would you like for dinner instead?"

Giving your child control over what he eats for dinner will discourage him from trying new and different foods, might actually encourage picky eating habits and will eventually drive you crazy. Everyone in the family should be offered the same meal. There should be three to four different foods to choose from. For example: lasagna, whole grain bread, cut up veggies and dip, salad, and milk. Your child should be offered all of these foods, and she can pick. She might choose four pieces of bread. And that's OK — you've done your job by offering a variety of different foods and the ball is in her court now.

Every child will go through a picky eating stage — it's normal. It can be frustrating and worrisome for parents, but it also offers an opportunity to help children develop a healthy relationship with food. Keep reintroducing foods, even if they are refused. Praise your kids for listening to their tummies and trying new foods (even if they politely spit it out).

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Sharability

easy hard

Grilled cheese grows up with onions and tomatoes

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Who would have thought old comfort food, grilled cheese, would make such a comeback — not only as a casual sandwich at home, but also as an elegant appetizer at parties.

Here's a twist on the traditional; I use it as a lunch item, on buffets and even cut into quarters as an appetizer.

1. Divide cheddar, Parmesan and goat cheese between two slices of bread. Top with sliced tomatoes and onions. Cover with remaining two slices of bread. Spray both sides of each sandwich with cooking oil.

2. Spray a non-stick skillet with cooking oil and place over medium heat. Cook the sandwiches for approximately 4 minutes per side, being careful not to burn them.

3. Cut each sandwich into quarters and serve 2 per person. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Nutritional Analysis

Per serving

- 199 calories; 11 g protein; 11 g fat; 6.2 g saturated fat; 15 g carbohydrates; 25 mg cholesterol; 288 mg sodium; 2.3 fibre

Ingredients

Prep time: 10 minutes
Cooking time: 8 minutes

- 1/4 cup light aged cheddar cheese, thinly sliced
- 1/8 cup Parmesan cheese, freshly grated
- 1/4 cup crumbled goat cheese
- 4 slices whole grain bread
- 4 slices plum tomato
- 4 slices sweet onion

Business idea comes from art

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Name: Ronjiny Basu and Tanima Majumdar
City: Ottawa and Delhi, India
Age: 31
Occupation: Co-founders of Chobhi Scarves

In-Credibility factor:

Friends since childhood, Ronjiny and Tanima always dreamed of doing something creative together. When Ronjiny completed her MBA in design, fashion and luxury goods in Italy, she finally convinced Tanima to put her remarkable nature photography to work. The two friends launched a line of luxury, nature-themed scarves under the name of Chobhi, which in Bengali means "picture". They call their creations "wearable art" and will soon expand to include a unique line of jewelry.

We knew we were on our way...

"...When we held a scarf in our hands for the first time. I had seen it on Skype from India and it didn't seem real," says Tanima, "but when Ronjiny handed it to me, it was amazing and exactly what I had pictured. The colours and designs really stand out on fabric."

Ronjiny is in India right now working on producing their spring line and says, "It's been extremely rewarding to see something you are passionate about bloom and grow. Our wish is that our scarves connect with your heart."

Action Plan

- **Have a strong business and marketing plan that is customer-centric.** It's important to have a product that connects to customer's emotions and links to a lifestyle statement.

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ELIZABETH BEDDALL
life@metronews.ca

When they meet you in person, will you properly reflect the profile you've set up online? ISTOCK

Welcome to the world of social media, where any aspect of your online biography can mean the difference between landing that dream job and getting promptly passed over.

In the process of prioritizing your personal brand, it's imperative that you make sure you accurately portray yourself online as you would in person, ensuring that recruiters receive a fair impression of your character and that they recognize the unique qualities you could bring to their organization.

To help evaluate your online presence, James Davidson, talent acquisition manager for PwC, provides us with five key considerations that will help you improve your digital brand and make you more noticeable than your competitors.

Relevance
People evaluate you based on relevance. This is how consistent the real-world-you is to the virtual-world-you. To increase your volume and relevance on the web, you can showcase your expertise, skills and experiences via online forums, Facebook, LinkedIn and Twitter.

Volume
Volume speaks to how much content is on the web about you — the more you have to say about yourself, the more information people will have to read about you.

Clarity
Clarity means the ease with which readers can differentiate the content that is about you versus information on others with the same name. It's imperative to secure your vanity name for LinkedIn, Facebook and Twitter. Spending some time to figuring out the right words to describe yourself is critical. This determines how easy it is for others to find you online.

Diversity
Diversity is having multimedia content supporting the real-world-you.

This means sharing photos, quotes, articles and videos — all of which help express your skills, passion and values in another way. For example, people are more likely to believe you and your work experience if you have a professional photo — especially on sites such as LinkedIn.

Validation
Lastly, validation is essential in getting other people to reference you or confirm who you really are.

This is extremely important to increasing the credibility of your personal brand. You need to get others to recommend you online, endorse you and provide you with testimonials. By attempting these online suggestions, you will be on your way to building and managing your professional online presence.

The web at work

PwC is hosting its second annual Personal Brand Week from Monday to Friday.

- During the week, visit the PwC Careers Canada Facebook page (facebook.com/PwCCareersCanada) for more tips and techniques on personal branding.

Put your best face forward

"People are more likely to believe you if you have a professional photo."
James Davidson
Talent acquisition manager for PwC

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Canada didn't beat 'B' team, Spain captain says

Tennis. Spanish Davis Cup team missing its top three players; Canada defeats top-ranked nation in first-round tie

CAM TUCKER
cam.tucker@metronews.ca

Spain's Davis Cup tennis team came to Vancouver down three of its top players — Rafael Nadal, David Ferrer and Nicolas Almagro.

And Canada took full advantage.

The Canadian side, led by 22-year-old Milos Raonic, achieved national history, advancing to the Davis Cup World Group quarter-final for the first time after displacing Spain 3-2 this weekend at the Doug Mitchell Thunderbird Sports Centre.

Raonic clinched the historical victory, dominating his way through the fourth rubber Sunday against Guillermo Garcia-Lopez in straight sets 6-3, 6-4, 6-2.

Raonic opened the match with three straight aces, and didn't really look back from there.

"It's amazing, really, to do everything we've done," he said.

"I've only been a minor part of it the last year, consistently, and to be able to ... have this conversation for the first time is pretty amazing."

Canada will face Italy in the next round, scheduled for April 5-7.

The quarter-final will be in Canada. Tennis Canada will announce a location at a later date.

Raonic, the 15th-ranked player in the world, was asked if Canada's win was in any way tainted by the absence of Spain's Big Three.

"We're going to be put up against somebody tough and we'll see next time," he said.

"But I think it still takes quite a lot of courage, resilience and determination to get through what we got through this weekend."

Raonic, who won the opening match of the first-round tie, praised the efforts of teammate Frank Dancevic, who may have provided the turning point in the weekend.

Ranked 166th in the world in men's singles, Dancevic upset 34th-ranked Marcel Granollers in the second rubber, winning in straight sets with an inspired effort to put Canada up 2-0.

Canadian captain Martin Laurendeau and Spain's captain Alex Corretja faced similar questions about the fact Spain didn't have its top players.

"You beat Spain. You didn't beat a 'B' team, you beat Spain," said Corretja.

"In this occasion we ... couldn't have our best-ranked players, which is truth. I'm not lying.

"But I would say the Canadian people, they should enjoy it. It's a great opportunity for them to reach the quarters. I think they are a very dangerous team here.... They have a chance to win."

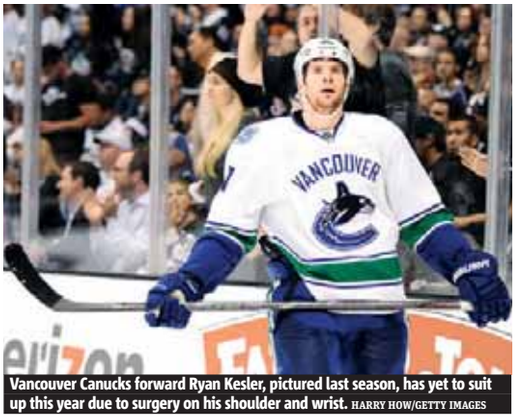
Quoted

"But I think it still takes quite a lot of courage, resilience and determination to get through what we got through this weekend."

Canada's Milos Raonic

Canada's Milos Raonic, of Thornhill, Ont., serves an ace against Spain's Guillermo Garcia-Lopez during a Davis Cup tennis match in Vancouver on Sunday. DARRYL DYCK/THE CANADIAN PRESS

Kesler back on the ice for Canucks practice



Vancouver Canucks forward Ryan Kesler, pictured last season, has yet to suit up this year due to surgery on his shoulder and wrist. HARRY HOW/GETTY IMAGES

Things are starting to look up for the Vancouver Canucks after an inauspicious start to the season.

After winning its past two games on the back of strong goaltending from Roberto Luongo, Vancouver (4-2-2) received another boost Sunday morning when injured forward Ryan Kesler joined the team for practice.

The 28-year-old centre hasn't played a game for the Canucks this season as he continues his rehabilitation from surgery on his shoulder and wrist. However, his presence on the ice at Rogers Arena gave his teammates a boost before flying out for a two-game road trip to Edmonton (Monday) and Minnesota (Thursday).

"I'm pretty excited to be finally back out with the guys," said Kesler, who won the Selke Trophy in 2011. "It's been an extremely long hard road for me and it felt good to be back out there."

Kesler said there was still no timeline for his return to the lineup. He will join the team on the trip east this week and plans to keep practising as he improves his strength and timing.

"My goal was to get back out there with the guys," he said. "I've still got a fair bit of a way to go."

THE CANADIAN PRESS

Cleared for contact

Head coach Alain Vigneault was thrilled to see Kesler back on the ice. While he's been cleared for contact, he said it's too early to tell when Kesler will suit up and play.

- **Revenge.** On Monday night, the Canucks will be looking for revenge against Edmonton (4-3-1) after the Oilers came back from a two-goal deficit to win 3-2 in a shootout in their first meeting on Jan. 20.

The Baltimore Ravens celebrate on the Superdome field after their 34-31 win over the San Francisco 49ers in Sunday night's Super Bowl. RONALD MARTINEZ/GETTY IMAGES

Ravens turn off the lights on 49ers

Super Bowl. San Fran nearly climbs all the way back following blackout in New Orleans, but Baltimore holds on to win second NFL title

Super Bowl XLVII

Ravens	49ers
34	31

From blowout to blackout to shootout, Joe Flacco and the Baltimore Ravens had just enough power to survive one of the most electric Super Bowls ever.

The outage flipped a switch for the San Francisco 49ers, but the Ravens used a last-gasp defensive stand to hold on Sunday night, 34-31.

America's biggest sporting event came to a half-hour standstill in the third quarter when most of the Superdome lights and the scoreboards went dark. By then, the Ravens had a 22-point lead.

Everything changed after that, though, and the 49ers staged a sensational rally before Ray Lewis and Co. shut it down. But there were plenty of white-knuckle moments and the Ravens (14-6) had to make four stops inside their seven at the end.

For a Super Bowl with so many subplots, it almost had to end this way.

Flacco's arrival as a championship quarterback coincides with Lewis' retirement.

The sibling rivalry between the coaching Harbaughs went to John, older than Jim by 15 months.

"How could it be any other way? It's never pretty. It's never perfect. But it's us," John Harbaugh said. "It was us today."

At four hours, 14 minutes, it was the longest Super Bowl ever. Among the most thrilling, too.

The loss of power delayed the game 34 minutes and left players from both sides stretching and chatting with each other. It also cost Baltimore whatever momentum it built, and that was considerable after Jacoby Jones' 108-yard kickoff return and game MVP Flacco's three touchdown passes made it 28-6.

Back came San Francisco (13-5-1) in search of its sixth Lombardi Trophy in as many tries.

Michael Crabtree's 31-yard touchdown reception on which he broke two tackles made it 28-13. A couple minutes later, Frank Gore's six-yard run followed a 32-yard punt return by Ted Ginn Jr., and the 49ers were within eight.

Ray Rice's fumble at his 24 led to David Akers' 34-yard field goal, but Baltimore woke up for a drive leading to rookie Justin Tucker's 19-yard field goal.

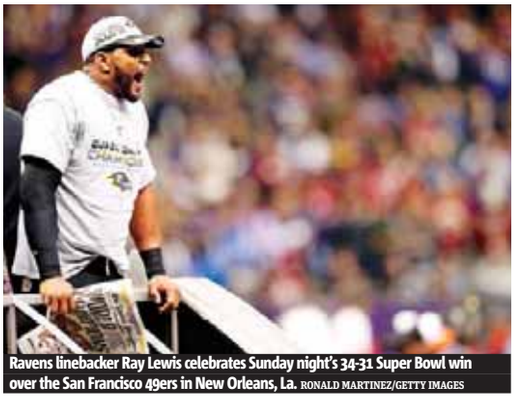
San Francisco wasn't done challenging, though, and Colin Kaepernick's 15-yard TD run, the longest for a quarterback in a Super Bowl, made it 31-29. A two-point conversion pass failed when the Ravens blitzed.

Tucker added a 38-yarder with 4:19 remaining, setting up the frantic finish.

Kaepernick couldn't get the 49ers into the end zone on the final three plays — there was contact on Crabtree on the final pass that appeared incidental, and Jim Harbaugh insisted it was pass interference.

Ravens punter Sam Koch took a safety for the final score with four seconds left.

THE ASSOCIATED PRESS



Ravens linebacker Ray Lewis celebrates Sunday night's 34-31 Super Bowl win over the San Francisco 49ers in New Orleans, La. RONALD MARTINEZ/GETTY IMAGES

NFL. Lewis puts tidy Super Bowl bow on 17-year career

Ray Lewis began his final night on the football field with a motivational speech to his teammates.

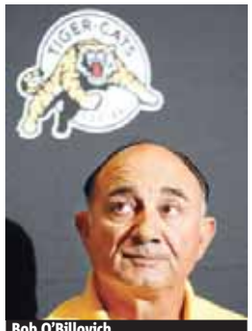
He ended it looking upward into a shower of silver streamers and purple confetti after the Ravens beat the San Francisco 49ers 34-31 Sunday night to win the Super Bowl.

"It's simple: When God is for you, who can be against you?" Baltimore's standout middle linebacker said, clutching the Lombardi Trophy. "It's no greater way, as a champ, to go out on your last ride with the men that I went out with, with my teammates."

Standing tall in the middle of a defence that survived a frenzied comeback by Colin Kaepernick and the 49ers, Lewis put a lovely bow on his 17th NFL season by earning his second Super Bowl ring — 12 years after the first.

THE ASSOCIATED PRESS

CFL. Longtime coach, executive set to end his illustrious football career



Bob O'Billovich
THE CANADIAN PRESS FILE

The man affectionately known as "Obie" is calling it a career.

A CFL source requesting anonymity said Sunday that Bob O'Billovich will announce his retirement Monday at a news conference at the Hamilton Tiger-Cats business office.

O'Billovich, 72, has spent the last five years as the Ticats general manager.

The native of Butte, Mont., has been a player, coach and executive in the CFL in a career that began in 1963 as a quarterback/defensive back with the now defunct Ottawa Rough Riders.

O'Billovich played five seasons with Ottawa before beginning his coaching career with the club, first as a guest coach before being named an assistant coach.

O'Billovich also served as a university basketball coach in Ottawa, leading the Carleton men's program from 1971 to 1973. He then served as the Ottawa Gee-Gees hoops coach from 1973 to 1974.

He was hired as head coach of the Toronto Argonauts in 1982 and spent eight seasons on the sidelines, leading the Double Blue to three Grey Cup appearances (winning in 1983).

O'Billovich joined the B.C. Lions as head coach during the 1990 campaign and remained through the 1992 season before returning to Toronto as GM in 1993.

He also took over coaching duties in Toronto during the 1993 season. O'Billovich relinquished those duties following the 1994 campaign but found himself back on the sidelines in 1995.

O'Billovich served as B.C.'s player-personnel director from 2003-07 before being hired as Hamilton's GM.

The Ticats promoted O'Billovich to vice-president of football operations in January 2012.

But after the Ticats missed the playoffs last season with a 6-12 record, they fired rookie head coach George Cortez and hired Kent Austin as the club's director of football operations, GM and head coach.

He leaves the CFL as a two-time winner of the league's coach-of-the-year award (1982, 1987) and a Grey Cup champion (1983). THE CANADIAN PRESS

Lefty shoots sizzling -28

Phil Mickelson celebrates making a birdie putt on the seventh hole during the final round of the Waste Management Phoenix Open golf tournament on Sunday in Scottsdale, Ariz. Mickelson, who won the tournament, shot a 4-under 67 to finish at 28-under 256, two strokes off the PGA Tour record of 254 set by Tommy Armour III in the 2003 Texas Open. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You may be a go-getting Aries but there are only so many things you can do in a day, so don't push yourself too hard. Mars, your ruler, is passing through one of the more relaxed areas of your chart. Get the message?

♉ Taurus
April 21 - May 21
Your feelings run deep but you can't seem to find an adequate outlet for them. How frustrating! If all else fails try something physical, something that forces you to work up a sweat. Team sports, especially, will be fun.

♊ Gemini
May 22 - June 21
You must be honest today. You must bring any bad feelings you may have towards people you work or do business with to the fore. The most important thing is that you can be truthful with one another.

♋ Cancer
June 22 - July 23
Expect the best today and it will most likely happen. Today's cosmic climate indicates that good thoughts will lead to good things occurring– but also that bad thoughts could lead to bad things. It's your call.

♌ Leo
July 24 - Aug. 23
Try not to allow materialistic issues to govern your life. Make a special effort to raise your sights above worldly things and you may discover something of unequalled value. There is more to life than making money.

♍ Virgo
Aug. 24 - Sept. 23
You may be in an adventurous mood at the moment but the planets warn this is not the best time to take risks. Above all, don't let others persuade you to do things you do not feel comfortable with.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in one of the more sensitive areas of your chart suggests that someone does not approve of your behavior. Do you care? You should, because this person has the power to make life difficult for you. Tread carefully.

♏ Scorpio
Oct. 24 - Nov. 22
No matter what your responsibilities may be you owe it to yourself to leave them behind and take life easy for a while. The more you rest now the more you will make a good job of your duties later on.

♐ Sagittarius
Nov. 23 - Dec. 21
A domestic matter of some kind has to be dealt with – not tomorrow or the day after but right now. Take everyone's feelings into consideration but then make a decision – and make sure everyone follows it.

♑ Capricorn
Dec. 22 - Jan. 20
The planets warn that no matter how much you desire a particular object once you have got it you will realize it was not what you wanted at all. You are searching for something deeper, so look inside yourself.

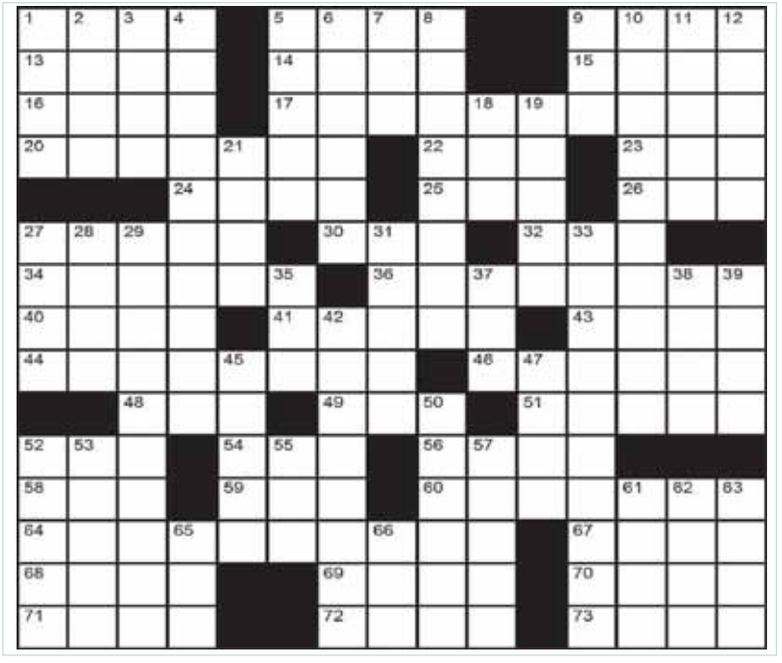
♒ Aquarius
Jan. 21 - Feb. 19
You may be sociable by nature but watch out who you make friends with this coming week. Some people are genuine, of course, but others want to get close to you for financial reasons. You're not that gullible, are you?

♓ Pisces
Feb. 20 - March 20
Mars links with your ruler Neptune in your birth sign today, which will help you to take the initiative and get everyone around you working towards the same goals. You should be this more often!

SALLY BROMPTON

Crossword: Canada Across and Down

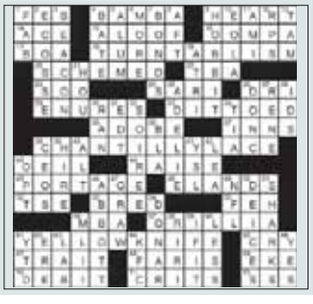
BY KELLY ANN BUCHANAN



Across
1. Bucket-on-a-rope spot
5. Ms. Ryan of "Star Trek: Voyager"
9. Actor Omar
13. Thought
14. Panache
15. "In the Valley of __" (2007)
16. Hitch
17. Annual frigid fun fest in Canada's capital region
20. "__ _ __ a Witness" by Marvin Gaye
22. __ Beach, Hawaii
23. Silent
24. Heraldic border
25. "The __ & Stimpy Show"
26. Faucet
27. Paul McCartney's nickname
30. __ up (Absorb)
32. Comic actress Margaret
34. Shania Twain's "Honey, __ __"
36. Carnaval de Quebec mascot
40. "__ __ conclusion..." (Speech-ending phrase)
41. "Rolling in the Deep" singer
43. Actor Mr. Julia
44. "Yellow" band
46. Not feeling well, __ _ _
48. Steve Nash's NBA team, on scoreboards
49. Cooking amt.
51. BBQ sizzler
52. Here, in Hull
54. 'Hect' add-on
56. Cain and __
58. Do tailoring
59. Zilch
60. Toto's owner
64. RIM smartphone
67. "This is fun!"
68. Pleasant
69. Blind, as per falconry
70. Ms. Bombeck
71. __ Fifth Avenue (Posh store)
72. Mailing request, commonly
73. Canadian rock band

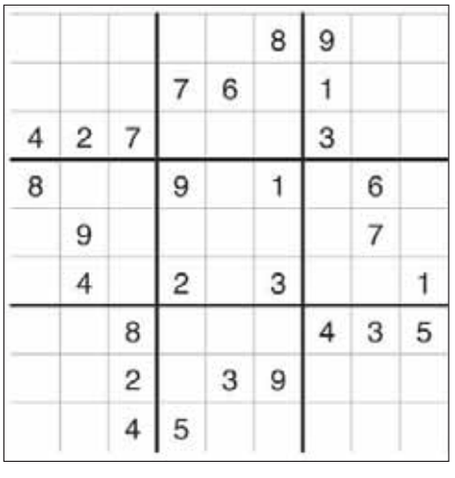
Down
1. Milwaukee, __.
2. "The Dame __ Experience"
3. Trim
4. Da Vinci's Mona Lisa, as it's also known: 2 wds.
5. "You Were Meant for Me" songstress
6. Privileged classes
7. Campaigned
8. Worldwide police liaison organization
9. Moray, for one
10. Roma in the Produce Department: 2 wds.
11. The Taming of the Shrew setting
12. Moe and Curly's 'Stooges' brother
18. She sheep
19. Rustic spread in Alberta
21. 'Tele' suffix
27. Catchall category [abbr.]
28. Farm song bit: "Here _ __, there..."
29. "My Girl (Gone, Gone, Gone)" band
31. Does what Simon says
33. Horatio __ (Naval Officer in C.S. Forester stories)
35. 'Ether' suffix
37. 'Bru' add-on (Sultanate on Borneo)
38. Subatomic particle
39. Actress Ms. Sommer
42. At a table-for-one on Valentine's Day
45. Pirate ship board
47. 'Trick' suffix
50. San Diego baseball team
52. Literary IDs
53. Salsa singer Ms. Cruz
55. Poke fun at
57. Scottish singer Susan
61. Drive-__
62. Pants parts
63. "Yup."
65. These: French
66. Stephen of "The Crying Game" (1992)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

4	9	1	3	5	6	8	7	2
7	3	6	2	4	8	5	9	1
2	8	5	9	7	1	3	6	4
8	7	2	6	9	3	1	4	5
1	5	9	4	2	7	6	3	8
3	6	4	1	8	5	7	2	9
6	2	3	8	1	4	9	5	7
9	1	7	5	6	2	4	8	3
5	4	8	7	3	9	2	1	6

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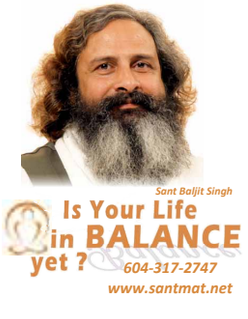

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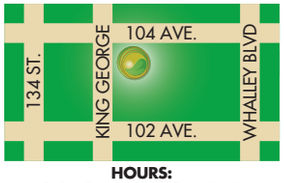

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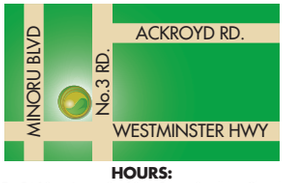

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